

(TMI Focus, Vol. XXIV, No. 3 & 4, Summer/Fall 2003)

MEMBER CDS

Journeys Out of the Body

Hemi-Sync® Support Series

This series is a companion set of exercises to complement Bob Monroe's book *Journeys Out of the Body*. It marries the techniques for achieving out-of-body experiences that he described in his writings with the Hemi-Sync® technologies he subsequently developed.

Introduction by Robert A. Monroe

This CD is a digitally re-mastered and newly edited monologue in which Bob discusses the out-of-body experience. The original recording was made in 1988, apparently in the cabin, since crickets and chair squeaks are audible in the background if you listen carefully.

Relaxation Primer

This exercise begins by establishing intent with the GATEWAY Affirmation then introduces basic relaxation techniques, independent of Focus levels or specific tools. The latest audio-support tracks are mixed with Bob's digitally re-mastered voice. There are four additional exercises in this series. *Hemi-Sync® Support for Condition A* teaches the ability to hold calmly in the borderland state indefinitely with your mind on an exclusive thought. *Hemi-Sync Support for Condition B* addresses the ability to lie indefinitely, with no nervousness and seeing nothing but blackness, after your mental impressions have faded away. *Hemi-Sync Support for Condition C* is characterized by the shutting down of various sensory system inputs. Finally, *Hemi-Sync Support for Condition D* trains you to achieve "C" while fully rested and refreshed rather than when tired and sleepy.

[The entire series is scheduled for release in the fall of 2004, and individual titles are subject to change.]

Hemi-Sync® is a registered trademark of Interstate Industries, Inc.

© 2003 by The Monroe Institute